

Cooking A Safe Quality Hamburger



Hamburger Shape

Hamburger is usually formed into patties of about 1/4 lb. and pressed in a circular shape about 4 inches in diameter and 1/2 inch thick. Other shapes and weights may be used.

Cooking Methods

Fry (about 350°F):

Fry pan on stove or hot plate.
Electric fry pan.
Griddle.



Broil:

Toaster oven on broil.
Regular oven on broil.

Two-sided pan:

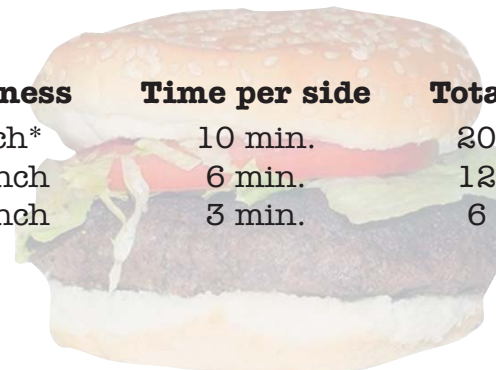
Two-sided grilling like the “George Foreman Grilling Machine.”

Hamburger Cooking Time

The time to cook hamburger is dependent on thickness, not weight. The total cooking time should be divided in half with each side cooked for 1/2 of the total time.

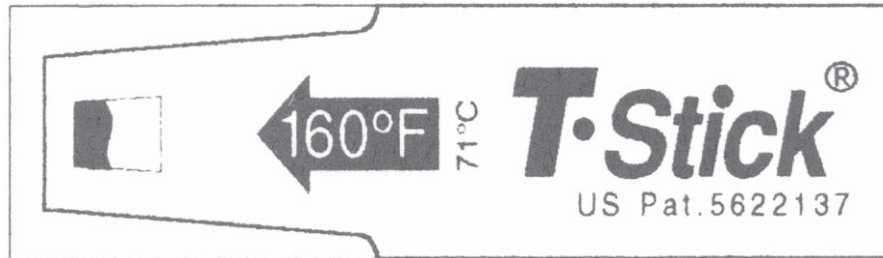
There are many variables in cooking hamburger, so cooking times may vary. The following times apply to a frying pan at 350°F, to have the center reach 160°F.

Thickness	Time per side	Total time
1 inch*	10 min.	20 min.
3/4 inch	6 min.	12 min.
1/2 inch	3 min.	6 min.



*A 1-inch thick hamburger cooked in a toaster oven would probably take a little longer. A two-sided grill will take less total time than the time per side when cooking from one side.

T-Stick Disposable Thermometer



T-Sticks are a new patented invention to help parents and children cook safe and delicious hamburgers. They are available in many supermarkets and other fine stores.



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